My name’s Clare I’m studying Nursing and midwifery. A week for me includes lectures and tutorials and also practical session in the nursing labs at Uni. I also have to fit in study, chores, part-time work, exercise and also a social life.

So Mondays are pretty busy for me. I’ve got a 2 hour lecture in the morning from 9 o’clock which is where the lecturer presents and we take notes, and that’s in nursing care and they I have a 2 hour tutorial which is straight afterwards and that’s where we go over the lecture and just make sure we understand everything that was presented. And then an hour lunch break and then I have a 3 hour prac class in the nursing labs to finish off the day.

So when I get home from Uni Mondays is my night to cook dinner and we’ll sit down and have a meal together and talk about the day. And so for the rest of the week my two brothers also have days they cook a meal for the family so that really helps mum out if she’s working and that sort of thing and during exam time we don’t have to cook dinner, so we get to study. On a Monday after dinner I’ll do 2 hours of study and then bed.

On Tuesday I get up early and go for a swim at Uni. Then I have a 2 hour lecture in anatomy and physiology. And I have a 2 hour break for lunch and might study in the library and I’ll finish off the day with a 1 hour tutorial in clinical skills. After Uni on a Tuesday I go straight to a swim teaching job and I’ll teach for 3 hours. I’ll come home after that, mum or one of the brothers will have cooked dinner for me which is lovely and then I might just fit in 1 hour of study, and then just a bit of relaxation before bed.

On Wednesday I don’t have to go into Uni, I don’t have any classes scheduled so I’ll work for 3 hours swim teaching in the morning and then do around about 3 hours of study. Then I’ll do some chores around home. I might go for a run and I might have dinner with friends.

I have a light day at Uni on Thursday, so after a swim I go to a lecture which is inter-disciplinary practice and then straight into its tutorial. Then I’ll study a few hours in the library before heading to the swim school again where I work there in the evening and I’ll have dinner and then I’ll just relax because I’ve done my study during the day.

Friday I swim in the morning again and I have a two hour tute which is anatomy and physiology. Then I have a 2 hour lecture in clinical skills. Friday night I generally have a quite night because I get up early and teach on a Saturday.

On the weekend I do a few hours’ work at a part-time on a Saturday morning, but Saturdays are generally my day so I might hang out with friends, I won’t do any study and go out on a Saturday night. And on a Sunday I might do 2 hours study and chores, spend time with family that sort of thing.

So that was an average week at Uni, the alternative is when I’m on clinical placements so I go to a hospital for full time shift work which is 5 days a week, 8 hour days. I don’t have university but I have to fit everything else in.

So it is a busy week but I think the key to it is getting a dairy and keeping organised.